



Getting Your Child Tested for Lead

Lead can harm your child. Lead can make it hard for your child to learn, pay attention, and behave. Most children who have lead poisoning **do not look or act sick.**

Ask your child's doctor about testing for lead. The only way to know if there is lead in your child's body is for your child to get a **blood test for lead.**

Children on programs such as Medi-Cal, Child Health and Disability Prevention Program (CHDP), Head Start, or WIC, and all children at risk for lead exposure, should get tested at 1 and 2 years old. Some children over 2 also need to get tested.

If your child has too much lead, a doctor or someone from the health department will help your child.

A blood test for lead is free when your child gets a check-up if you have Medi-Cal or if you are in the CHDP. Health insurance plans will also pay for this test.

These potential lead sources may put your child at risk for lead exposure:

- **Lead paint inside or outside the home that is chipped, peeling, or damaged in any way.** If your home was built before 1978, it may have lead paint.
- **Some imported dishes, pots, water crocks, or older dishware,** especially if worn, chipped, or cracked.
- **Some Ayurvedic, Chinese, or traditional remedies and cosmetics,** like Greta, Azarcon, Paylooh, Surma, Sindoor, and Kohl.
- **Some foods and spices,** such as chapulines (fried grasshoppers), and some other brightly colored spices from other countries, such as chili powder, imported tamarind candy, turmeric, and khmeli suneli.
- **Take-home lead dust** from clothing, skin, and hair if a family member works with lead at their job.
- **Some hobbies that involve lead,** such as fishing with lead sinkers, hunting or target shooting with leaded bullets, and stained glass making.
- **Living near a busy roadway or industrial source of lead in the air or soil** (e.g. lead or steel smelter).
- **History of living in or visiting a country with high levels of lead in the air, soil, products, or other locations.**

If you think your child might be at risk for lead exposure, ask your child's doctor for a blood lead test.

For more information, go to www.cdph.ca.gov/programs/clppb, or call your local Childhood Lead Poisoning Prevention Program:



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